



Campeonato Distrital de JUV, JUN, SEN)
Tomar, 19 e 20 de Novembro de 2022

Prova 25 Femin., 1500m Livres Juvenil
19/11/2023 - 9:00 Resultados

Recorde Distrital ANDS Open	16:41.83	Mafalda Sofia Rosa	CNRM	Leiria	09/12/2022
Recorde Distrital ANDS Juv A	17:22.70	Mafalda Sofia Rosa	CNRM	Tomar	18/11/2017
Recorde Distrital ANDS Juv B	17:57.44	Mafalda Sofia Rosa	CNRM	Santarem	15/01/2017

Juv B: 24:25.00; Juv A: 23:49.00

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Leonor Sombreiro Martins	10	BUZIOS - Coruche	19:20.86		478
	50m: 35.31 300m: 3:49.44		550m: 7:01.92 800m: 10:18.46	1050m: 13:34.26	1300m:	16:48.52
	100m: 1:13.43 350m: 4:28.13		600m: 7:41.32 850m: 10:57.67	1100m: 14:13.49	1350m:	17:27.93
	150m: 1:52.25 400m: 5:06.99		650m: 8:20.26 900m: 11:37.15	1150m: 14:52.00	1400m:	18:07.50
	200m: 2:31.17 450m: 5:45.04		700m: 8:59.48 950m: 12:15.61	1200m: 15:30.12	1450m:	18:45.30
	250m: 3:10.08 500m: 6:22.88		750m: 9:38.85 1000m: 12:55.31	1250m: 16:09.39	1500m:	19:20.86
2.	Lara Paixao Silva	10	Rio Maior	20:21.33		411
	50m: 35.57 300m: 3:54.46		550m: 7:19.12 800m: 10:43.67	1050m: 14:11.57	1300m:	17:39.64
	100m: 1:14.64 350m: 4:35.45		600m: 7:59.59 850m: 11:24.51	1100m: 14:53.28	1350m:	18:21.66
	150m: 1:54.79 400m: 5:15.63		650m: 8:39.70 900m: 12:05.71	1150m: 15:35.28	1400m:	19:02.42
	200m: 2:34.64 450m: 5:56.68		700m: 9:20.50 950m: 12:47.35	1200m: 16:16.90	1450m:	19:42.44
	250m: 3:14.65 500m: 6:37.56		750m: 10:01.97 1000m: 13:29.16	1250m: 16:58.67	1500m:	20:21.33
3.	Leonor Margarida Mateus	09	BUZIOS - Coruche	21:16.56		360
	50m: 40.38 300m: 4:16.96		550m: 7:51.68 800m: 11:25.00	1050m: 14:58.39	1300m:	18:31.97
	100m: 1:23.94 350m: 5:00.61		600m: 8:34.32 850m: 12:07.72	1100m: 15:41.03	1350m:	19:14.54
	150m: 2:07.11 400m: 5:43.87		650m: 9:16.64 900m: 12:50.67	1150m: 16:23.86	1400m:	19:56.52
	200m: 2:50.20 450m: 6:26.84		700m: 9:59.76 950m: 13:33.58	1200m: 17:07.21	1450m:	20:37.92
	250m: 3:33.61 500m: 7:09.02		750m: 10:42.54 1000m: 14:15.81	1250m: 17:50.16	1500m:	21:16.56

Prova 25 Femin., 1500m Livres Junior
19/11/2023 - 9:00 Resultados

Recorde Distrital ANDS Open	16:41.83	Mafalda Sofia Rosa	CNRM	Leiria	09/12/2022
Recorde Distrital ANDS 17	17:00.30	Mafalda Sofia Rosa	CNRM	Felgueiras	20/12/2019
Recorde Distrital ANDS Jun16	17:03.84	Mafalda Sofia Rosa	CNRM	CORUCHE	15/03/2019

Jun/Sen: 23:17.00

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Mariana Mauricio Coelho	07	BUZIOS - Coruche	20:14.74		417
	50m: 35.51 200m: 2:34.60		400m: 5:15.29 1500m: 20:14.74			
	100m: 1:14.81 350m: 4:34.98		800m: 10:44.06			
2.	Carolina Santos Carrilho	08	CLAC-Entroncamento	21:43.37		338
	50m: 38.68 300m: 4:13.80		550m: 7:52.64 800m: 11:31.39	1050m: 15:10.88	1300m:	18:52.59
	100m: 1:21.08 350m: 4:57.81		600m: 8:35.58 850m: 12:15.69	1100m: 15:54.80	1350m:	19:36.54
	150m: 2:04.29 400m: 5:41.59		650m: 9:19.29 900m: 12:59.46	1150m: 16:39.05	1400m:	20:19.73
	200m: 2:46.75 450m: 6:25.30		700m: 10:03.64 950m: 13:42.65	1200m: 17:23.61	1450m:	21:01.68
	250m: 3:30.40 500m: 7:08.46		750m: 10:47.14 1000m: 14:26.93	1250m: 18:07.74	1500m:	21:43.37



Campeonato Distrital de JUV, JUN, SEN)
Tomar, 19 e 20 de Novembro de 2022

Prova 25, Femin., 1500m Livres

Prova 25 Femin., 1500m Livres Senior Resultados
19/11/2023 - 9:00

Recorde Distrital ANDS Open	16:41.83	Mafalda Sofia Rosa	CNRM	Leiria	09/12/2022
Recorde Distrital ANDS Sen	16:41.83	Mafalda Sofia Rosa	CNRM	Leiria	09/12/2022

Jun/Sen: 23:17.00

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Marta Filipa Bucha	06	Viver Santarem	19:05.23		498
	50m: 34.85	300m: 3:44.40	600m: 7:32.65	850m: 10:44.17	1100m: 13:56.44	1350m: 17:10.88
	100m: 1:12.08	400m: 4:59.98	650m: 8:11.22	900m: 11:22.13	1150m: 14:35.34	1400m: 17:49.16
	150m: 1:50.10	450m: 5:38.22	700m: 8:49.86	950m: 12:00.50	1200m: 15:14.47	1450m: 18:27.53
	200m: 2:28.07	500m: 6:16.52	750m: 9:28.01	1000m: 12:38.89	1250m: 15:53.62	1500m: 19:05.23
	250m: 3:06.07	550m: 6:54.55	800m: 10:05.96	1050m: 13:17.63	1300m: 16:32.50	

Prova 25 Femin., 1500m Livres Juvenil B Resultados
19/11/2023 - 9:00

Recorde Distrital ANDS Open	16:41.83	Mafalda Sofia Rosa	CNRM	Leiria	09/12/2022
Recorde Distrital ANDS Juv B	17:57.44	Mafalda Sofia Rosa	CNRM	Santarem	15/01/2017

: 24:25.00

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Leonor Sombreireiro Martins	10	BUZIOS - Coruche	19:20.86		478
	50m: 35.31	300m: 3:49.44	550m: 7:01.92	800m: 10:18.46	1050m: 13:34.26	1300m: 16:48.52
	100m: 1:13.43	350m: 4:28.13	600m: 7:41.32	850m: 10:57.67	1100m: 14:13.49	1350m: 17:27.93
	150m: 1:52.25	400m: 5:06.99	650m: 8:20.26	900m: 11:37.15	1150m: 14:52.00	1400m: 18:07.50
	200m: 2:31.17	450m: 5:45.04	700m: 8:59.48	950m: 12:15.61	1200m: 15:30.12	1450m: 18:45.30
	250m: 3:10.08	500m: 6:22.88	750m: 9:38.85	1000m: 12:55.31	1250m: 16:09.39	1500m: 19:20.86
2.	Lara Paixao Silva	10	Rio Maior	20:21.33		411
	50m: 35.57	300m: 3:54.46	550m: 7:19.12	800m: 10:43.67	1050m: 14:11.57	1300m: 17:39.64
	100m: 1:14.64	350m: 4:35.45	600m: 7:59.59	850m: 11:24.51	1100m: 14:53.28	1350m: 18:21.66
	150m: 1:54.79	400m: 5:15.63	650m: 8:39.70	900m: 12:05.71	1150m: 15:35.28	1400m: 19:02.42
	200m: 2:34.64	450m: 5:56.68	700m: 9:20.50	950m: 12:47.35	1200m: 16:16.90	1450m: 19:42.44
	250m: 3:14.65	500m: 6:37.56	750m: 10:01.97	1000m: 13:29.16	1250m: 16:58.67	1500m: 20:21.33

Prova 25 Femin., 1500m Livres Juvenil A Resultados
19/11/2023 - 9:00

Recorde Distrital ANDS Open	16:41.83	Mafalda Sofia Rosa	CNRM	Leiria	09/12/2022
Recorde Distrital ANDS Juv A	17:22.70	Mafalda Sofia Rosa	CNRM	Tomar	18/11/2017

: 23:49.00

Pontos: FINA 2023

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Leonor Margarida Mateus	09	BUZIOS - Coruche	21:16.56		360
	50m: 40.38	300m: 4:16.96	550m: 7:51.68	800m: 11:25.00	1050m: 14:58.39	1300m: 18:31.97
	100m: 1:23.94	350m: 5:00.61	600m: 8:34.32	850m: 12:07.72	1100m: 15:41.03	1350m: 19:14.54
	150m: 2:07.11	400m: 5:43.87	650m: 9:16.64	900m: 12:50.67	1150m: 16:23.86	1400m: 19:56.52
	200m: 2:50.20	450m: 6:26.84	700m: 9:59.76	950m: 13:33.58	1200m: 17:07.21	1450m: 20:37.92
	250m: 3:33.61	500m: 7:09.02	750m: 10:42.54	1000m: 14:15.81	1250m: 17:50.16	1500m: 21:16.56